July 23, 2021
Issue #62

The King Family of Frog Holler Farm

The Crazy Wisdom Weekly

shining a light in the dark

Published by *The Crazy Wisdom Community Journal*.

The Crazy Wisdom Weekly

Both Sides Now (Joni Mitchell Cover) by Billy King and Emily Slomovits. Read more about the King Family on page 10 and the interview with Emily on page 8.

Table of Contents

Word of the Week .....page 4

Reccomended Reading for Understanding Energy and Spiritual Healing
By Michelle McLemore.....page 6

Musician Spotlight with Emily Slomovits
By Michelle Wilbert.....page 8

Crazy Wisdom Poetry Series..... page 9

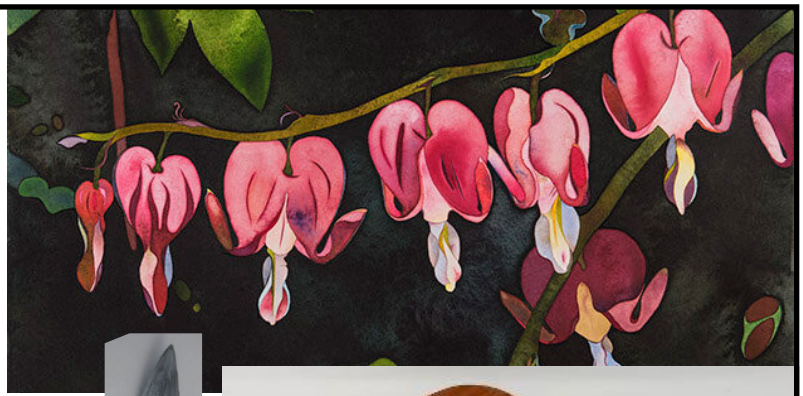
The King Family
By Sandor Slomovits.....page 10

The Crazy Wisdom Weekly Calendar..... page 13

A Final Thought.....page 17

Art Sale at The Valley

Tuesday, August 3 through Thursday, August 5, 2-8 pm



Browse original fine art and objects, add beauty and interest to your home, find unique gifts and treat yourself to something wonderful you won't find anywhere else!

The Valley is located at
7650 Scio Church Rd.
Ann Arbor, MI 48103

SUMMER LISTENING CHALLENGE
JULY 1 – AUGUST 31
BINGO FOR KIDS
SUMMER LISTENING CHALLENGE
BINGO
Libro.fm
Support Crazy Wisdom Bookstore
with your audiobook purchases this summer
and play Libra.fm Audiobook Bingo!
You'll earn a free audiobook for calling bingo
and a chance at the grand prize:
a year's supply of audiobooks
Click AD for details
CRAZY WISDOM
bookstore & tearoom

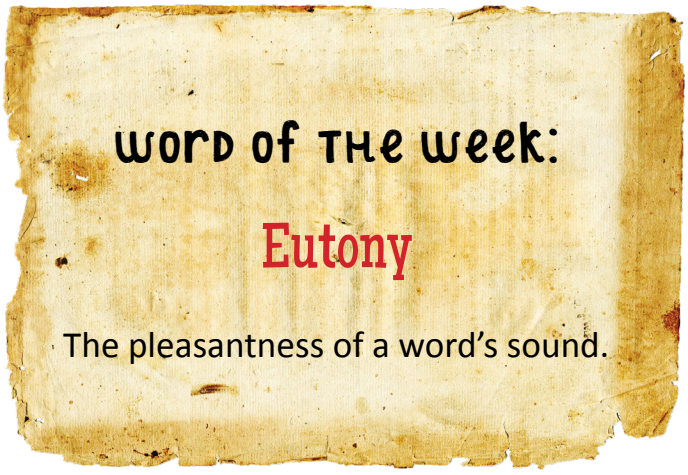
No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc., July 23, 2021.
Cover image by Jennifer Marquez.

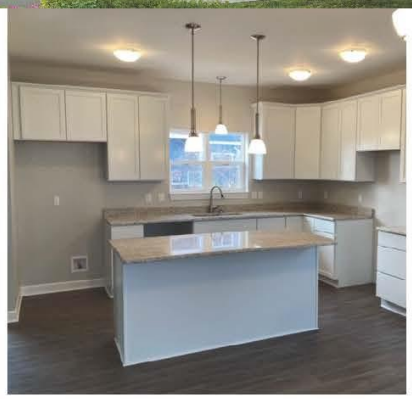
Thank you to our contributors for this issue:

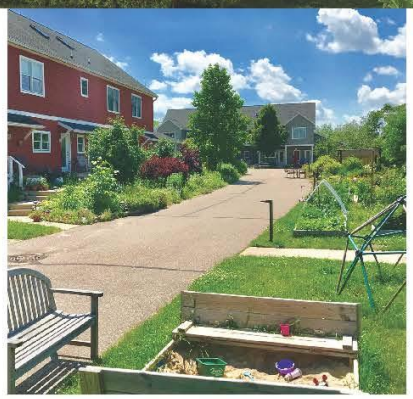
Sandor Slomovits
Emily Slomovits
Mary Bortmas
Michelle McLemore
Jennifer Carson
Carol Karr
Bill Zirinsky



Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

TOUCHSTONE





Come Home To Touchstone

560 Little Lake Drive, Ann Arbor, Michigan 48103

New Condos
3 Floorplans
$342,500 - $408,000

9' Ceilings, Maple Cabinets,
Granite Counters, Appliances,
Deck, Walkout Elevations

Call Now 734-323-0019

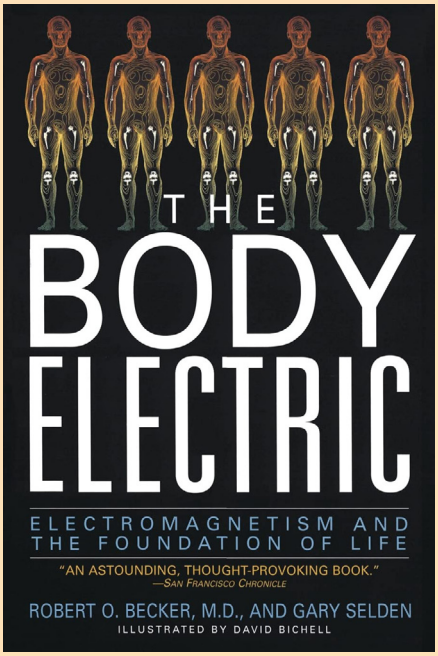
jane@praxisproperties.com

Recommended Reading for Understanding Energy and Spiritual Healing

By Michelle McLemore

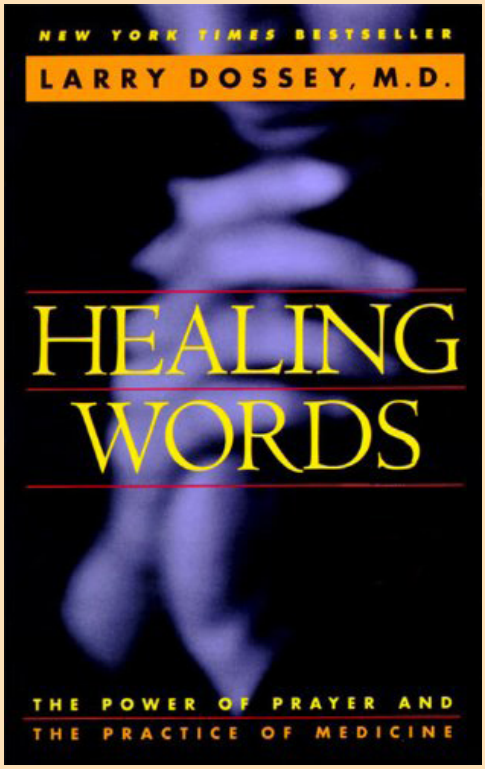
The World Health Organization defines healing not solely "on the absence of disease, but a state of complete physical, mental, and social well-being." This aligns with most wellness and energy practitioner goals who strive to discover the imbalance across physical, mental, emotional, and sometimes spiritual aspects of one's life in order to identify the true origin of disease. Then, they guide the client to bring balance back into his or her life, often clearing the malady. Examining the language history of "energy healing" reveals an amalgamation of cultural beliefs: Greek root energeia (energy + work), German term heilin (whole), helig (holy), and related to old English terms hael (whole), haelen (heal) and halig (holy). Ironically, the healing modalities that some call "alternative" or "complimentary" are actually the original and oldest health interventions.

Are you interested in exploring healing research studies, case studies, and personal experiences? Consider the following four texts.



The Body Electric: Electromagnetism and the Foundation of Life. By Robert O. Becker, M.D. & Gary Seldon, William Morrow & Co. Inc., 1985. 365 pages.

Concepts: The book traces the author's experiments regarding electromagnetic fields for healing through implants and the body's natural desire to selfheal. The author's experiments medically explain how electromagnetic fields can influence tissue and growth. The author's systematic use of magnets and exploration of limb regeneration is logically presented. This directly parallels subtle energy therapy techniques in which practitioners direct energy in the electromagnetic fields to induce, or accelerate healing, or clear disturbances to allow healing.



Healing Words: The Power of Prayer and the Practice of Medicine. By Larry Dossey, M.D. Harper San Francisco, 1993. 291 pages.

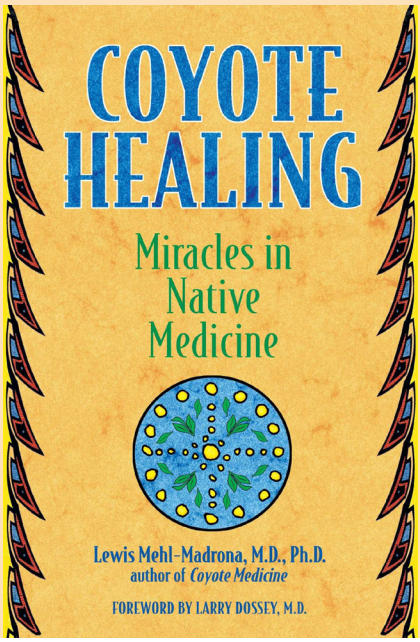
Concepts: Dossey pulls from controlled healing research studies and testimonials. He explores the implications which arise from remote and on-site intentional healing via prayer, meditation, as well as energy healing modalities. Sending healing backward in time, to cells, animals, and humans cancels the common dismissive argument of placebo effects.

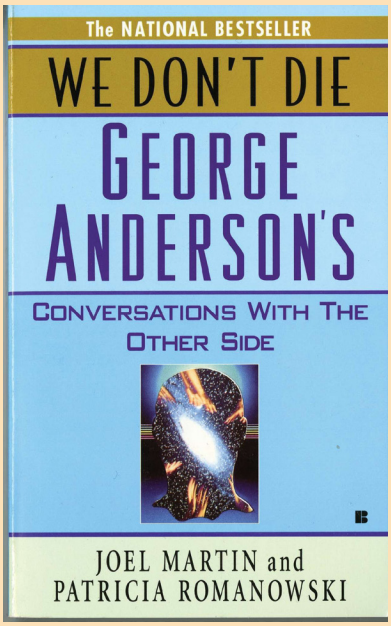
Coyote Healing: Miracles in Native Medicine. By Lewis Mehl-Madrona, M.D. Ph.D. Bear & Company, 2003. 233 pages.

Concepts: Mehl-Madrona uses a reader-friendly voice to simplify the key principles used in Native American healing. For specifically miraculous cures (which he says native healers expect and prepare for) he includes 100 specific cases that were deemed unresponsive to Western medicine practices, yet who responded to holistic indigenous methods. Additionally, he encourages readers to explore purpose, meaning, and acceptance in their own healing journeys. He also highlights another kind of healing—emotional and spiritual serenity when a physical cure is not realizable.

We Don't Die: **George Anderson's Conversations with the Other Side**. Joel Martin and Patricia Romanowski. 1989.

Concepts: Is this really it? How each person answers that question will impact their daily life choices and healing potential. We Don't Die shares transcripts from Anderson's intuitive readings. Anderson's mediumship skills have been tested by scientists more often than any other psychic. The book documents a variety of readings in which he reveals specific information identifying spirit source to his listeners and in doing so, provides emotional and spiritual healing for the still earth-bound family members and friends. Exploring the concept that energy consciousness of the body never ceases to exist adds comfort as well as more exciting questions to ponder for this lifetime.





Find these titles and more at shopcrazywisdom.com

Deep Spring Center
for Meditation and Spiritual Inquiry

New Expanded Fall Program!

The Eden Project, Classes, Retreats, and Silent Meditation all via Zoom

Join us on our path to living a life of loving-kindness with non-harm to all beings. Experience the wisdom and compassion of Aaron, as channeled by our founder and guiding teacher, Barbara Brodsky.

DeepSpring.org | info@deepspring.org | 734.477.5848
Deep Spring Center is a 501(c)(3) non-profit. See website for details.

Musician Spotlight with Emily Slomovits

By Michelle Wilbert

How did you get into music?

I grew up watching my dad and uncle (the group Gemini) performing and rehearsing all the time, so of course they were a huge part of my musical development. My mom also has terrific musical taste, and she introduced me to some of her favorite artists – the Beatles, Joni Mitchell, Carole King, and more. Later, I discovered a love of classical, jazz, klezmer, musical theatre and many other styles of music that have influenced me a great deal.

In terms of playing music, that started fairly early on too. One of our next-door neighbors, Anne Ogren, a member of the Ann Arbor Symphony, taught violin for many years, and I'd hear her giving lessons through her open window in the summertime. When I was seven years old, I said to my parents, 'I want to do that!'. Being the supportive, artistic people they are, they took me to Anne, and I began violin lessons. I started joining my dad onstage just a year later, and added singing and guitar to the mix in middle school and high school.

What are your favorite aspects of live performance?

There's such a special energy between performer and audience. Rehearsing or just playing music by myself or with others brings me tremendous joy, but the electricity in the room when I'm performing for people is one of my favorite feelings in the world. The spontaneity, the give and take, the knowledge that no one knows exactly what's going to happen… It's absolutely a collaboration every time, and one that I treasure.

What have you been doing during the pandemic?

Since the beginning of the pandemic, I've been living with my parents, and my dad and I started doing small, five-song Facebook Live concerts a couple times a week. My uncle Laz did many Facebook shows as well, from his house, and it was a terrific way to grow our repertoire and continue to connect with people regularly while there were no in person concerts to play. In total, between our two households, we ended up playing almost 200 mini concerts!

I also got to collaborate virtually with Billy King, a wonderful musician and friend. With help from his brother Kenny's tech wizardry, we've released several videos in the past year, despite not seeing each other in person until about a month ago! We're getting ready to do our first live show since February 2020.

As I adjusted to the world of Zoom, I did several virtual theatre productions and play readings, and that was a lovely way to do theatre in some capacity. I also read Shakespeare with a group of lovely friends on Zoom every Saturday for several months, and we worked through his entire canon! I'm actually in rehearsals for a virtual show right now – called *She Kills Monsters* with Center Stage Jackson. Performances run July 23rd-August 1st. For tickets and more information, please visit centerstagejackson.org.

In addition to music and theatre, I've been teaching violin, voice, guitar, ukulele, and theatre in both private and group settings for many years. During the pandemic, I shifted my lessons to Zoom, and teaching ended up being the majority of my work this past year. I feel so lucky to be able to still do some part of what I love to do during this incredibly fraught time.

What is your guiding philosophy of life and art?

For me, life and work in the arts are very intertwined. I strive to give every part of my life -- especially my work as a performer and teacher -- the same commitment and intention: to connect and build community with people in ways that are joyful, healing, and enriching. My goal in everything I do is to spread love, encouragement and kindness, and lift people up!

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
May through August 2021 - Issue 77
Cathy King
— The King Family —
Half a Century of Farming, Making Music, Teaching Yoga, and Building Community
HOLLER FEST
Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid • Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians • Acupuncturist Cynthia Esseichick • Susan Westhoff of Leslie Science Center • Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School • How the Farmers Market Survived • Friends Lake Cooperative Community • Yoga Column • Events Calendar • And More

Get your hands on the spring issue of *The Crazy Wisdom Community Journal* before it's gone!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara DesJardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

On shelves now
or

Subscribe Here!

Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

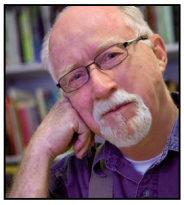
Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers



July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

From Issue #77

The King Family — Half a Century of Farming, Making Music, Teaching Yoga, and Building Community

By Sandor Slomovits • Photography by Mary Bortmas • Editorial help from Emily Slomovits

The King family has been a prominent presence in the Ann Arbor and Southeastern Michigan community in a myriad of ways—as farmers, musicians, teachers, and more—for nearly fifty years. The roots of the King family and their Frog Holler Farm go back to 1971, to the founding of the Indian Summer restaurant in Ann Arbor. That's where Indian Summer's co-founder, co-owner, and head cook, Ken King, met Cathy Munkholm. Cathy had been hired to make salads at the restaurant and worked alongside Ken, chopping vegetables.

The organic food and locally grown movements, ubiquitous now, were brand new in '72. Frog Holler was the first organic farm in the area and grew out of Ken and his Indian Summer partners' decision to grow their own vegetables for the restaurant. "Even at that early time, before 'local produce' was a buzz word, they just didn't like the idea of those boxes of produce coming in from California," says Cathy King. They began looking for land and found an old abandoned piece of property in the Irish Hills (Brooklyn, Michigan), where there had once been an orchard. As the group started to separate into two entities, the restaurant and the farm, Cathy remembers that "Ken discovered an affinity for whatever this was, trying to grow things, even though there wasn't really anything here yet."

Both Cathy and her son, Billy, are soft-spoken, but their eyes light up when they talk about the farm. Was farming a steep learning curve? "We're still learning," says Cathy, laughing. Farming wasn't what she had planned on doing when she was younger. When she talks about growing up in Grosse Pointe, Billy jokes, "Vibrant farming community in Grosse Pointe?" (Laughter). Cathy started farming only after beginning a journalism degree at Northwestern, returning to Michigan after the passing of her father, and finishing with a liberal arts degree at the University of Michigan. Billy marvels at his dad's ability to learn on the go. "He didn't know anything, right? He just kind of figured it out. I don't know how that was even possible, but he somehow figured out how to make it work."

Sandor Slomovits: What was that like, deciding to leave the relative safety of steady jobs and sharing the responsibility of running Indian Summer with other people, and then having to be responsible for it all?

Cathy King: You know, Ken thought that this land was a great growing area, that we should grow our own food for the restaurant. Which was a crazy idea, but it was the early seventies and people still had a lot of crazy ideas. The group [that ran Indian Summer] founded the farm in order to grow produce for the restaurant. So, it wasn't scary to make that decision because there was going to be this connection of restaurant and farm; the restaurant would support the farm. Then it became obvious that you can't develop a farm out of an abandoned piece of land. There was nothing here except the natural beauty of the land. There was no electricity, no well, no equipment, there was nothing, no experience, except Ken had always had a garden.

You couldn't do both (farm and run the restaurant). Ken became drawn to the farming and felt he had to give up his involvement in the restaurant. He never expected the person who ended up with the most shares in the restaurant to sell it. But that's what happened. So, then we really were on our own, [because] we didn't have the restaurant buying anything that we grew. The partners all fell away and it was just Ken and I here, and we were too committed to not do this. But there were some lean years, let's say.

Sandor Slomovits: Tell us about those lean years.

Cathy King: We really didn't know what we were doing. When the restaurant was supporting the farm, we were able to put in a well, so at least we had a well, and could buy a tractor. But the land was so undeveloped. It was just wild. We were hacking away at tree stumps and living really simply. I mean, we lived in the cabin and…

Sandor Slomovits: Was the cabin already there?

Cathy King: Yes. It was built by the people we bought the land from, Dr. Robert Gesell and his wife, Cora Lees. He was a U-M professor, they lived in Ann Arbor, and this was their retreat. They were conservationists and Dr. Gesell, in 1952 publicly came out against vivisection for research. That indicated their attitude toward life, people, justice for animals, and the earth. We felt like we didn't just buy a piece of land. We sort of made an agreement to take care of the land and the animals.

The land was really special. It was far from Ann Arbor, and we were driving back and forth to the restaurant, back to this no electricity place. [We lived] in the cabin, trying to figure out how to make a fire and warm ourselves up, and then go back to the restaurant in the morning. It sorted itself out. It was a relief to stay here, but we were always sorry that it meant the end of Indian Summer, which was a lovely institution.

Sandor Slomovits: When did it end?

Cathy King: It might have been '76. It didn't last very long. That's why it was named Indian Summer. Ken named it that, because it'd be really nice, but not last very long. I didn't think he knew how or why it would end, but what he said was prophetic.

Sandor Slomovits: How old were you and Ken in '72, when you moved to the farm?

Cathy King: (Laughter) I think I was 24. Ken was almost 30. He was all grown up. He seemed like he knew what he was doing. He was kind of an elder, he wasn't afraid to try things.

Sandor Slomovits: When did you start bringing your vegetables to the farmers market in Ann Arbor?

Cathy King: First we went to Saline to try it out and that was experience, but it wasn't many sales. Then we started in Ann Arbor on a Wednesday because we were sort of in awe of the Ann Arbor Farmers Market. Then we ended up going on a Saturday with lettuce. We had a very small sign that said 'organic' and the lettuce just flew off the table… it was probably 35 cents, three for a dollar. (Laughter) But we realized that was the market.

Billy King: For many years we were the only organic farm. It still feels recent to me that there are so many other organic farms now.

Sandor Slomovits: Do you think that the people who started organic farms in the area were influenced by you?

Cathy King: I think it was kind of the mood of the times. There was a while, maybe in the eighties and nineties, when there was no interest. Then, in the early 2000s there was Barbara King-solver and Michael Pollen, and the interest came back around. I don't think it had a whole lot to do with us except, we were still there. We hadn't given up. Now of course there's much more awareness and appreciation of small farms and locally grown produce.

Billy King: Although it was always decent for us.

Cathy King: Yeah. Well, 'cause we didn't need that much.

Billy King: We had maybe developed a loyal customer base.

Cathy King: But we did press cider, for a good while. There used to be apples on the farm. We thought we could bring them back organically, these old trees that were planted in World War II, but we couldn't. So, then we bought apples. That was like a factory job, driving around buying apples. Ken was working in an unheated cider area in our barn. It didn't even have walls, just had plastic.

Billy King: That paid the bills.

Cathy King: Yes. That was how we could stay here in those early days because we couldn't grow enough to pay the land contract or feed ourselves.

Billy King: How many years did the cider production last?

Cathy King: At least fifteen years, maybe even longer. Somebody heard about an old cider press and we said, okay, we'll try it and Ken sort of put it back together again. It was nothing like the modern cider presses, but it made really good cider. We took the cider to the Del Rio, Seva, Applerose, and we sold it at the market. That was fortunate even though, again, we didn't know what we were doing. When we could stop doing that, it was a big relief because it was very physically demanding.

Read the rest of the interview online!

Belong! Explore! Become!

Find Your Way at The Institute!

Inspire a world of health! Your diploma in Massage Therapy, Natural Health, or Holistic Doula is here.

Call Now to Find Out More!

NITE
NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org

Naturopathy
(each year 600 hours)

Natural Health Educator.....1st Year
Natural Health Therapist.....2nd Year
Natural Health Practitioner.....3rd Year
Certified Naturopath.....4th Year

4th Year graduates are eligible for Doctor of Naturopathy National Test & Title

Massage Therapy
Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner
Certificate Course.....3 Classes
Diploma Course.....7 Months

All Classes Meet on Weekends
Fri: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:
Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More

Over 25 Years of Experience ~ Licensed and Accredited

The Crazy Wisdom weekly Calendar

Aromatherapy and Essential Oils

Aromatherapy and Essential Oils—Creating Personalized Bath Collection with Karen Greenberg, R.P.T., and Certified Essence Repatterning Practitioner • Sunday, August 22 • 2:00 p.m. • Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself; to help move you closer toward your life's purpose for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. Special $75 + $50 Materials Fee (Normal Class Rate = $125 + $50 Materials Fee). Contact Karen Greenberg at 734-417-9511; krngrnbg@gmail.com or clair-ascension.com.

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: August 15 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday August 9 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Still Mountain Buddhist Meditation and Sharing • Every Sunday • 10:00 a.m. • Our Sunday meditation and sharing is open to the public. We sit in silent meditation for about 45 minutes and then have time for open sharing, discussion, or teaching related to the Dharma. Learn more on the Still Mountain website.

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Meditation and Discussion with Ann Arbor KTC • Wednesdays • 7 p.m. •The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. For more information contact Caitlyn at cdbuchanan325@gmail.com or visit them online at annarborktc.org.

The Truth of Suffering (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, August 7 • 9:00 a.m. • There are many obvious reasons for the various kinds of human misery,but underlying all of them are our own individual and collective actions, perceptions, and emotional reactions. Exploring these leads to a re-appraisal of our choices and a path to lasting happiness. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month through August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. $50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • Through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. $10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

JUDY LIU RAMSEY
CONSULTANT & PRACTITIONER

Heart To Heart

SHAMANIC HEALING
ANIMAL COMMUNICATION
CLASSES • CEREMONY
CONSULTATIONS

ramsey.judy003@yahoo.com
https://JudyRamsey.net

Festivals and Fairs

Detroit Conjure & Folk Magic Festival • Aug 14 • 10:00 a.m. • This festival brings people together to learn about various alternative spirituality, folk magical practices, folk traditions, and magic. We chose Proud Lake Recreation Area for its proximity to nature and peace. You can find out more about us at our Facebook Page known as Detroit Conjure LLC. It is a free event. Contact Kenya Coviak at detroitconjure@gmail.com; detroitconjurefestival.webs.com.

Great Lakes Herb Faire with Tieraona Low Dog; other speakers include Jim McDonald, David Windston, Ellen Kamhi, Talal Al Hamad, Mimi Hernandez, Diana Quinn, Sajah Popham and Lottie Spady. • Sept. 10-12 • Annually, weekend after Labor Day • 4:30 p.m. • 7th annual Great Lakes Herb Faire! This year we will once again gather virtually in celebration of the sharing of herbal knowledge. Join us for a fantastic lineup of herbalists. $100-$150. Contact anna.motherbloom@gmail.com or info@greatlakesherbfaire.org; greatlakesherbfaire.org.

Meditation

Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, Aug 3 - 4 • 9:00 a.m. • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU's and SCECH's provided. $255 by July 15; $295 after this date. Contact info@mc4me.org.

Oasis of Sound: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, August 14 • 7:00 p.m. • Join Sound Therapist, Rob Meyer-Kukan as he weaves together and oasis of sound with sing bowls, gongs, therapeutic harp and more. Allow the soothing tones of these instruments to transport you to a sacred space of calm and relaxation. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc.). Participants are required to wear a face-covering during this offering. $25. Advanced registration required at forms.gle/72E7xdpr2mtcCdZc7. Space is limited to 8 participants. Please note that registration closes on August 13. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

Mindfulness

Mornings of Mindfulness with Esther Kennedy, OP • August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. $15; $40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday through August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations $5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, August 3 - 4 • 9:00 a.m. • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU's and SCECH's provided. $255 by July 15; $295 after this date. Contact info@mc4me.org.

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Retreats

Joyful Summer Retreat: Kingdom of the Mind—Mind and Mental Faculties with Demo Rinpoche • Friday, August 20 - Sunday, August 29, 8:30 a.m. • The mind is mirror-like, luminous, and rich with possibility. Yet, when obscured by negative thoughts and emotions, we experience life as confusing and harsh. Come explore the mind and its inner workings and gain understanding of how we can fulfill our greatest potential. $475/Jewel Heart Members, $550/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org / retreats. For more information, call Jewel Heart at 734-994-3387 or email to programs@jewelheart.org. jewelheart.org.

JissoJi Half-day Sitting with Marta Dabis •, August 8 • 8:20 a.m. • Traditional Zen meditation in the lineage of Shrunyu Suzuki. Three rounds of 40-minute sitting with 10-minute walking, followed by a Dharma talk by a guest teacher. Joining for part of the program.is also available. Donations accepted. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution. Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

artwork by Jennifer Carson

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Crazy Wisdom Poetry Featured Readers (via Zoom) with Carolyne Wright, Kelly Fordon, and William Trowbridge • Wednesday, July 28 • 7-9 p.m. • Each night one featured reader will share for 50 minutes, followed by an open mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Wright will share in May, Fordon in June, and Trowbridge in July. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. $98/week or $15/single class. Contact sue@yogaspaceannarbor.com.

Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m. • For experienced students who are working on inversions or appropriate alternatives. $98/7 weeks $15/class. Contact sue@yogaspaceannarbor.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.

The Crazy Wisdom Community Journal

is looking for your events!

List your events, classes, workshops, faires and festivals in the fall (Sept. - Dec.) issue now!

Send in your listing here!

Heaven is under our feet as well as over our heads.
—Henry David Thoreau